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U. S. DEPARTMENT OF AGRICULTURE
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PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 7, 1933 (WEDNESDAY)

THE MARKET BASKET

by

the Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:			
:	:			
:	Every meal -- Milk for children, bread for all	:		
:	:	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry,	:
:	A fruit or additional vegetable	:	or cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

CANNING FRUITS AND VEGETABLES

First the planting, then the harvest-- and, for the garden crop, the season of canning, drying, pickling, or preserving in some way to provide food for next winter. Housewives, canning clubs, and community canning centers are already busy in those parts of the country that have an early growing season. Soon they will be busy everywhere. As a sign of this, every mail brings queries about food preservation methods to the Bureau of Home Economics of the U. S. Department of Agriculture.

The bureau is ready to answer these questions. On its staff are specialists in food preservation, and some of its publications have been prepared especially to meet this need. As to canning in particular, there is a pamphlet which gives specific directions for home canning of vegetables and fruits. There is also a circular on community canning centers, describing equipment and making suggestions for the operation of the center.

Most of the household arts had their beginnings in the primitive home. Canning, however, was a nineteenth century discovery, and it originated as a plan for mass production. Napoleon, to provide for his armies, offered a prize for the development of some method of preserving perishable food. A French chef and confectioner, Nicholas Appert, won that prize by the success of his experiments with a process which we now know as canning. He cooked the food, then packed and sealed it airtight, and the food kept for many months. Neither Appert nor anybody else in his day knew why.

More than 40 years later the great French scientist Louis Pasteur announced to the world two important discoveries. Micro-organisms present in food, water, and air cause spoilage of food. Heat destroys those micro-organisms, and sterilizes the food. Here was the secret of Appert's success.

Since Appert's time, and especially since Pasteur, there have been new developments in the canning process. The old-time way was to cook the food, pack it boiling hot into hot containers, and seal it quickly to shut out air. This is the "open-kettle" method and it works with fruits and tomatoes, provided there is no contamination at the moment between packing and sealing the containers. A later method is the "cold-pack", by which the food is packed cold and the filled container is "processed", or sterilized, in a water-bath or pressure canner. The Bureau of Home Economics recommends the "hot-pack" method, however, in preference to either of these. For the "hot-pack" the food is heated in a minimum quantity of liquid, in order to reduce the bulk and drive out air. Then the containers are packed with the boiling hot food and processed in a water-bath.

These methods can be used with the acid foods, such as fruits, tomatoes, pickled beets, and ripe pimientos, because the presence of the acid together with the boiling temperature destroys the micro-organisms that cause spoilage.

For nonacid foods, such as meats, corn, beans, peas, asparagus, or baby beets, "processing" in the pressure cooker is recommended by the Bureau of Home

Economics. In these foods, which lack the acid found in fruits and tomatoes, much higher temperatures are needed to destroy the micro-organisms of spoilage than are required for acid foods. Only with a pressure canner, says the bureau, can these higher temperatures be obtained.

Farmers' Bulletin No. 1471-F, entitled, "Canning Fruits and Vegetables at Home," contains specific directions on all these points. It can be had from the Bureau of Home Economics, U. S. Department of Agriculture, or from the Superintendent of Documents, Government Printing Office, Washington, D. C., who has it for sale at 5 cents per copy.

A circular of suggestions for the equipment and operation of community canning centers is available from the bureau free of charge.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc.	2½ "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Hot cereal
French toast
Coffee (adults) - Milk (children)
Tomato juice for youngest child

Dinner

Hamburg cakes with onions or catsup
Hominy and gravy - Lettuce salad
Bread and Butter
Fresh strawberries
Tea (adults) - Milk (children)

Supper

Savory vegetable stew on toast
Oatmeal drop cookies
Milk for all

RECIPES

French Toast

1 or 2 eggs
 $\frac{1}{2}$ to $\frac{3}{4}$ cup milk
Salt

Butter or other fat
Bread

Cut well-baked, even-textured, rather dry bread into uniform slices about $\frac{1}{4}$ inch thick. Beat the eggs and add the milk and salt. Dip the slices of bread quickly into the egg mixture, drain, and fry at once in butter or well-seasoned fat. Use moderate heat and let the toast become golden brown before turning.

Savory Vegetable Stew

1 cup diced salt pork
1 small onion
2 cups diced carrots
2 cups diced potato

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon sage
2 cups hot water
 $\frac{1}{8}$ teaspoon pepper

Fry the diced salt pork until crisp. Remove the pork and some of the fat from the skillet and brown the onion and carrot in the remaining fat. Add the potato, salt, sage, and water. Cover and simmer until the vegetables are tender. Remove the cover and cook until the stew has thickened somewhat. Add the crisped salt pork, pepper, and more salt, if needed. Serve on toast.

Oatmeal Drop Cookies

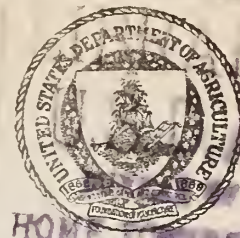
$\frac{1}{2}$ cup fat
1 cup sugar
1 egg
 $1\frac{1}{2}$ cups sifted flour
 $\frac{1}{2}$ teaspoon salt

2 teaspoons cinnamon
2 teaspoons baking powder
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups fine oatmeal
1 cup seedless raisins

Cream the fat and sugar, and add the beaten egg. Sift together the dry ingredients, except the oatmeal, and add with the milk to the first mixture. Add the oatmeal and raisins. Mix well. Drop by spoonfuls onto a greased baking sheet and bake to a golden brown in a moderately hot oven (375° to 400°F.). Remove from the pan while hot.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 14, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:			
:	:			
:	Every meal -- Milk for children, bread for all	:		
:	Every day --	Two or four times a week --	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry of	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:		:
:		:		:

DRYING FRUITS AND VEGETABLES IS CHEAPER THAN CANNING

For any family that must economize, now is the time to think about food for next winter -- especially the kinds of food that would cost more then. Some part of the garden crops now coming on should be stored, some should be canned. But suppose we lack the cellar space for enough potatoes, cabbage, carrots, and apples? Suppose that for all our plentiful garden, we have not the jars or the cans in which to put up enough berries and tomatoes, corn and beans to carry us through the winter? Suppose we do not have a pressure cooker for the vegetables that must be canned at very high temperatures? The cost of the tools to work with sometimes interferes with a canning program.

In that case, says the Bureau of Home Economics of the U. S. Department of Agriculture, why not provide at least a part of the winter's food by drying some of the fruits and vegetables now coming on? Drying is the very oldest, the sim-

plest, and the cheapest of all methods of preserving perishable foods. It requires very little equipment, no specially made containers, and dried foods require very little storage space.

The process of drying is merely the removal of the water which forms most of the bulk of fresh fruits and vegetables. The dried foods keep because the organisms of spoilage can not grow without this water that is removed.

In sunny climates, all you need in the way of equipment for drying fruits and vegetables in small quantities is something on which to spread them in the open air and sunshine. Clean boards, a perch roof, canvas, heavy wrapping paper or sheets of muslin, held in place by strips of lath along the edge.— these do very well. For large quantities you need trays, but they are easy to make. Light wooden frames with lath bottoms serve the purpose. To keep out insects, cover the drying food with muslin or cheesecloth tacked over the trays.

For the greater part of this country, however, sun-drying is impracticable because the climate is too cool or too changeable, or there are clouds too much of the time. In such climates, use an outdoor drier made something like a hotbed, or else dry the food indoors by artificial heat. You can spread it out in single trays hung from the ceiling over the kitchen stove, or you can place it on shelves above or near the stove. Or you can use the oven, with the oven door open and the fire very low. In this case, spread the food on baking pans or pie pans.

A specially constructed dryer for use over the cook stove is desirable if much food is to be dried. This kind of a drier you can make out of a packing box with cleats along two opposite sides to hold the trays apart.

The vegetables that can be dried most successfully are sweet corn, beans and peas, and okra; the fruits are apples, pears, peaches, and apricots. The fresh products should always be of good quality. Vegetables, after being otherwise prepared, are "blanched" or scalded, with hot water or steam. Fruits are not treated in this way, but instead may be held in salt water until ready for the drier, or



they may be treated with fumes of sulphur for a short time before the drying begins, to prevent discoloration and souring, and to keep off insects. The sulphuring is accomplished by placing the trays, or stacks of trays, in a large covered box out of doors, the box elevated on bricks or blocks of wood, over a pan of burning sulphur.

An after-curing or conditioning process is recommended when products have been dried at the higher temperatures. Pile the material while still warm upon a clean surface, on trays or in a shallow box, in a dry place protected against insects, and stir it at daily intervals for ten days or two weeks, to distribute the remaining moisture equally throughout the mass.

When a given lot of material has become evenly dry, it should be stored in containers that are air-tight or nearly so, and they should be kept in a dark or semi-dark place, to prevent discoloration. Tin cans with close-fitting tops are good containers.

Directions for making different types of driers and detailed instructions for treatment of various vegetables and fruits appear in Farmers' Bulletin 984-F, Home Drying of Fruits and Vegetables, which is obtainable from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Brief instructions are given here for indoor drying of corn, beans and peas, and okra, and for apples, peaches, pears, and apricots.

Sweet corn -- Use any good table corn. Gather it in the milk stage, but only in quantities that can be prepared at once. Husk the ears, and remove any worm injuries -- silking is unnecessary. Dip in hot water 8 to 12 minutes to set the milk. Young corn will require longer for this than old. Drain, cool, and cut the grains off the ear. Spread on trays 1/2 to 3/4 inch deep and dry at 130 to 140°F. Stir during drying to separate grains and break up masses. When sufficiently dried the grains will be hard and will break with a clean glass-like fracture.

Beans and peas --- Garden peas, wax beans, lima beans, mature snap beans. Gather when seeds are mature but before the pods are yellow and dry. Shell and dip 2 minutes in boiling salted water -- 2 tablespoons of salt to a gallon of water. Drain and spread on trays 1/2 to 3/4 inch thick. Dry at 115 to 120°F. to begin with, allowing the temperature to rise to 140°F. Stir frequently at the beginning. The process is complete when the beans and peas are dry and brittle.

Okra -- Use young tender pods, cut in 1/2 inch lengths. Place in layers on tray. Temperature at first 125°F., increasing to 140°F. When process is complete the okra is dry and brittle.

Apples -- Select late maturing fruit of good cooking quality, mature but not soft. Pare, trim and slice evenly 1/4 inch thick. Sulphur 20 to 30 minutes, or hold in salt water until placed in drier. Start drying at 130°F., increase to 175°F. Process complete when handful of slices has elastic stringy feel and separates when pressure is removed.

Pears -- Bartlett or any fine-grained pear with good flavor and high sugar content. Pick when firm but readily loosened, store until ripe but still firm. Pare and core, slice or quarter. Sulphur or hold in salt water until placed in drier. Use same temperature as for apples. Process complete when slices are elastic and rubber-like, and water can not be pressed from cut surfaces.

Peaches -- Any good table variety. Uniform color and firmness are desirable. Ripe but not soft. Handle carefully to prevent bruising. Wash, peel or not as desired, stone, place in layers on tray, pit side up. Sulphur 15 to 20 minutes if peeled, 1 to 2 hours if unpeeled; or hold in salt water if unpeeled. Same temperatures as for apples, same test for dryness.

Apricots -- Tree ripened. Never peel. Halve and pit. Sulphur 1-1/2 to 2 hours. Temperatures 130°F. at first, increasing to 165°F. toward end. Test for dryness same as for apples.

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LOW-COST MENU FOR ONE DAY

Breakfast

Tomato juice
Fried Potatoes
Toast
Coffee (adults) - Milk (children)

Dinner

Cold sliced corned beef
Buttered green cabbage
Fresh shelled black-eyed peas
Bread - butter
Milk for all

Supper

Cottage cheese salad
Rolls
Berries or other fresh fruit

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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON. D. C.

RELEASE FOR PUBLICATION
JUNE 21, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --

Two to four times a week --

Cereal in porridge or pudding

Tomatoes for all

Potatoes

Dried beans and peas or peanuts

Tomatoes (or oranges) for children

Eggs (especially for children)

A green or yellow vegetable

Lean meat, fish, or poultry or

A fruit or additional vegetable

cheese

Milk for all

FRUIT JELLIES - HOW TO MAKE THEM

As the canning season advances, the pantry shelves are piling up their promise for the winter. Home-made jellies, jams, preserves, and fruit butters are taking their place alongside the cans and jars of fruits and vegetables that will be the main supply. Nor are these sweets an expensive luxury. Fruits the farm and garden do not furnish can often be had for the gathering -- wild berries or wild grapes, for instance. There is many a lone plum tree in a small back yard that does its useful part. Apples and crabapples are usually cheap -- and what wonderful jelly they make!

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It is true that jellies are usually only a small part of a meal, but a little jelly with the breakfast toast or the supper biscuit, with the dinner meat, with cheese, or dotting the top of a bread pudding or a custard, to say nothing of the jelly sandwich in Billy's lunch -- these are ways of using jelly to make dull meals look far more attractive and also taste much better.

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Jelly-making, however, calls for care, says the Bureau of Home Economics of the U.S. Department of Agriculture. As everybody knows, you cook the fruit in a given amount of water, extract the juice, add sugar, and then evaporate, or "boil down" the mixture to a certain consistency. But that is not all of the story. Success depends upon the kind, the quality, and the condition of the fruit, and upon the presence, in right proportions, of three substances -- namely, the acid and pectin that are in the juice, and the sugar that is added.

Pectin is a substance that forms in the pulp of many fruits as they ripen. It causes cooked fruit to thicken and "jell". The best fruits for jelly-making are those that are tart and rich in pectin -- as are currants, red and black raspberries, blackberries, gooseberries, wild goose plums, wild grapes, Concord grapes, crab-apples, winter apples such as winesap and Ben Davis, quinces, and cranberries.

Nowadays, however, pectin extract can be added to the juice, and jelly can be made from many fruits which formerly were not used because they would not "jell." This extract is a commercial product for sale at any grocery store.

As guides to successful jelly-making, the Bureau of Home Economics offers the following suggestions:

Select firm fruit slightly underripe. Overripe fruits are likely to give trouble in jelly making.

Wash all fruit thoroughly and discard any damaged parts. Wash berries quickly and with care. Leave currants on their stems, and leave the skins on grapes and plums. Remove stems and blossom ends from apples and quinces and cut the fruit into pieces, but do not remove cores or skins.

Prepare small lots of fruit at a time, and carry the process through promptly. Cook the fruit in a specified quantity of water, according to the kind of fruit. Excess water has to be cooked out and this results in overcooking the fruit. Apples, crabapples, quinces and wild grapes need 1 cup of water to the pound of fruit, or water to cover. Currants and Concord grapes need only 1/4 cup of water, or none, gooseberries need 1/4 cup, blackberries and black raspberries 1/4 cup if the fruit is firm, none if the fruit is soft. Red raspberries need no water, cranberries on the other hand need 3 cups.

Use a broad, flat-bottomed kettle, to get concentrated juice quickly, and stir to prevent scorching. Crush soft fruits to start the flow of juice. Count time only after the fruit begins to boil. Berries, currants, and grapes need 5 to

10 minutes to cook soft; apples and quinces need about 25 to 30 minutes-- all depending on the firmness of the fruit.

Pour the hot cooked fruit at once into a jelly bag of canton flannel or of two or three thicknesses of good quality cheesecloth. Let the juice drip out; do not squeeze the bag. When the drops are few and far between press the bag lightly to start the flow again.

Some fruits, such as currants and crabapples, are so rich in jelly making power that two extractions of juice can be made from the fruit pomace. As soon as juice ceases to drip from the pomace after the first cooking, turn it back into the kettle, barely cover with water, boil again, and extract the juice exactly as the first time. Some jelly makers mix the fruit juice of the first and second extractions and make it into jelly. Others prefer to keep the two extractions separate and make jelly from each lot. If all the juice has good color and strong jelly making power there is little choice.

Use granulated white sugar, and make up 6 to 8 cups of juice into jelly at a time. This will make 12 to 14 glasses of jelly, a quantity which is convenient to handle and which boils down quickly to the jelling stage. Because of the short cooking it retains the fresh fruit flavor and color and makes jelly of the best texture.

Measure sugar and juice accurately and use the following proportions for the given fruit: Crabapples, currants, gooseberries, and wild grapes, 1 cup of sugar to 1 cup of juice. Apples, blackberries, black raspberries, cranberries, wild goose plums, quinces and red raspberries, $\frac{3}{4}$ cup of sugar to 1 cup of juice. Concord grapes take $\frac{3}{4}$ to 1 cup of sugar to 1 cup of juice.

To boil down for the jelly test, heat the fruit juice and sugar quickly to boiling, again using a large flat-bottomed kettle that permits rapid evaporation. Stir only until the sugar is dissolved, no more.

Boil rapidly until the jelly test is reached. For this test, dip a large spoon into the boiling sirup, and lift up the spoon so that the sirup runs off the side. As the sirup cooks down it reaches a stage when it no longer runs off the spoon in a steady stream, but separates into two distinct lines of drips, which "sheet" together. Stop the cooking, as soon as the boiling sirup gives this "sheeting off" test.

Let the hot sirup stand in the kettle while lifting clean jelly glasses from boiling water. Then skim off the film from the hot jelly, and pour into the hot glasses carefully so that the jelly does not splash and does not drip on the rim.

Let the glasses of jelly stand until set-- for 12 hours or longer.

When the jelly is firm and well set, pour melted paraffin over the top and rotate the glass in the hand so that the hot paraffin runs up to the rim to form a good seal. Cover and label with name of fruit and date of making, and store in a cool, dry place.

The fruit pomace remaining after the juice has been extracted for jelly can oftentimes be made into fruit butter. Press the pomace through a fine sieve, add sugar and spice to taste, cook until thick, and stir constantly. Seal and store in sterilized jars.

LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Top Milk
Tomato Juice for Youngest Child
Toast
Coffee (adults) - Milk (children)

Dinner

Cheese and Rice Croquettes
Newly-made Jelly
Spinach - Hot Biscuits
Tea (hot or cold for adults)
Milk for children

Supper

Creamed Eggs - Fried Potatoes
Bread and Butter
Milk for all

RECIPES

Cheese and Rice Croquettes

2 tablespoons minced parsley	1 teaspoon salt
2 tablespoons butter	White or cayenne pepper
2 cups boiled rice	$\frac{1}{2}$ cup grated cheese
1 egg, beaten	Egg and crumbs
Few drops onion juice	Fat for deep frying

Cook two-thirds of rice as boiled rice, drain but do not rinse. Cool.

Cook the parsley in the butter, and add to the rice. Then add the egg, onion juice, salt, pepper, and cheese. Mix well together. Mold into croquettes. Roll in beaten egg, and then in fine bread crumbs. Brown in fat, and drain on unglazed paper. Serve while hot.

Jelly Cake

$\frac{1}{4}$ cup butter	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sugar	$2\frac{1}{2}$ teaspoons baking powder
1 egg	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour, baking powder, and salt and add alternately with milk to first mixture. Bake in layers and spread tart jelly between. Sprinkle the top with powdered sugar.

INFORMATION FOR THE PRESS



U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



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RELEASE FOR PUBLICATION
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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

JAMS, MARMALADES, AND PRESERVES

The very word jam has a sound of luxury. That idea was fixed when we were very young. But to mother the idea was to be thrifty and forehanded. Preserving fruits in summer when they are plentiful means a well-stocked pantry next winter. Many a time, with hot biscuits or muffins, preserves save the trouble and expense of making a dessert. Jam tarts are not often rejected by the young, the middle-aged, or the old. Jam or preserves with cottage cheese, or in puddings, marmalade for breakfast or supper -- sweets like these fill many a gap, and they add good cheer any day.

They add something more than that, says the Bureau of Home Economics of the U. S. Department of Agriculture, for there is concentrated energy value in sugar, and the fruit itself has mineral and vitamin value -- how much depending on the kind of fruit and to some degree on the way the preserves or the jam or the marmalade is cooked.



The making of fruit sweets is not so very difficult. Rather it is a simple matter of knowing how to keep the most of the color, flavor, texture and food value while cooking the fruit in such a way that the sugar penetrates the tissue sufficiently to preserve it. The main point is to cook it just enough, without overcooking. Jams and preserves are disappointing if they turn out to be merely dark sticky masses of sweet, with a little fruity taste -- the result of too much "boiling down."

The bureau has prepared directions for making many kinds of fruit jellies, preserves, jams, marmalades, conserves, and fruit butters. Many a kitchen just now, and many a canning center, is busy canning and preserving, or is preparing to be busy when the fruits come in season in the locality. This pamphlet of directions is available free to anybody who cares to write for it to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

Meantime, we may quote some of the general directions here:

Preserves

Select varieties of fruits which tend to hold their shape. With such soft fruits as apricots and peaches, use those slightly underripe. Pick over all berries carefully, wash, and drain. Wash, stem and seed cherries. Wash and prick the skins of plums to prevent shriveling of the fruit. Remove skin of soft fruits such as peaches, apricots, figs, and tomatoes by a hot dip. Pare and core pears and quinces, and cut them into halves or quarters as desired. Pare watermelon rind and cut into pieces of desired size.

All fruits must be heated either in sirup or in water to change the cell walls so they will absorb sugar. While the fruit is cooking, it absorbs sugar from and gives up juice to the sirup. At the same time the sirup is concentrated to a degree that will preserve the fruit. The aim is to bring about the exchange from sirup to fruit without undue change in shape of the fruit or toughening of its tissues. To accomplish this the different types of fruit must be handled differently.

If berries are covered with sugar and allowed to stand overnight, juice will be drawn out of the berries. If they are then heated in this sugar-juice mixture until a sirup is formed and the berries are hot through, they absorb the sirup and tend to "plump up." This is facilitated by leaving the berries in the sirup to cool. During this process the water from the berries dilutes the sirup. The whole mass can be cooked, or it can be spread out on a pan and slowly concentrated in a low temperature oven or in the sun with less change in color and flavor. Another method is to drain the juice off, concentrate it and pour it while hot over the berries again. This can be repeated until the desired concentration is reached.

To retain the shape and flavor of soft fruit, avoid cooking it any more than necessary. Cooking in sirup toughens the cell wall material. This tends to make soft fruits firm but will toughen very firm fruit such as some pears, quinces, and watermelon rind. This can be prevented by cooking these fruits in water or dilute sirup until tender before putting them in the concentrated sirup.

The sirup should be concentrated until it gives the jelly test if the fruit is one which contains pectin and acid. Otherwise concentrate it until just a little thicker than for jelly (boiling point 219°-223°F.). Pectin may be added to bring about a slightly jellied juice, which adds to the attractiveness of preserves of most kinds. Commercial pectin directions should be used for this process.

Jams

For making jams, well-ripened fruit is desirable both for flavor and texture. The fruit should be prepared and weighed as for preserves. The proportion of sugar used is the same (3/4 to equal parts). One fruit may be used alone or with others in desirable flavor combinations. Jams may be crushed or "cooked up", as desired. A wooden potato masher is useful in crushing. Blueberries and hard berries may be run through a food chopper to advantage. A short cooking with the addition of a small quantity of water before sugar is added helps in the extraction of any pectin. Add the sugar to the boiling mixture and cook until a good jelly test is obtained. In case the fruit does not contain pectin or acid, either may be added as in jelly or preserves. Jam made from fruits without pectin is cooked to a slightly thicker consistency than for jelly, as is recommended also in the case of preserves.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . .	2 $\frac{1}{2}$ "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Tomato juice for all
Hot cereal - Toast
Coffee (adults) - Milk (children)

Dinner

Creamed liver on toast
Browned potato slices
Harvard beets
Fresh fruit

Supper

Bacon
French toast
Fresh blackberry jam
Milk or iced cocoa

DIRECTIONS

Peach Preserves

Select peaches slightly underripe, wash thoroughly, pare, cut into halves, and remove pits. If clingstones, pare and cut flesh from pits. To each pound of peaches use not more than $\frac{1}{2}$ cup of water (possibly none), and $\frac{3}{4}$ to 1 pound of sugar. Combine sugar and fruit in alternate layers and allow to stand overnight to extract juice. Heat slowly to boiling, stirring meanwhile. Or prepare a sirup, add fruit and boil rapidly. Cook until fruit is tender and clear. Pour into hot sterilized jars and seal.

Blackberry Jam

Pick over the blackberries carefully, wash, and drain. To 1 pound of fruit use $\frac{3}{4}$ pound of sugar. No water is needed. Crush and heat the fruit. If the seeds are objectionable, put through a fine sieve to remove them. Add sugar, stir while heating to boiling, and cook rapidly to the jelly test. Pour into hot sterilized jars and seal.

Peach Butter

Put the peaches in a wire basket and dip them in boiling water a few seconds or until the skin slips; test by raising the fruit out of the water and rubbing the skin between the fingers. Dip the peaches into cold water, skin them, and pit them. Well-ripened freestone varieties are best. Mash the pulp and cook it in its own juice without adding water. If it is rather coarse, put it through a colander or coarse wire sieve to make a butter of fine texture. To each pound of pulp add $\frac{1}{2}$ pound of sugar or to each measure of pulp $\frac{1}{2}$ measure of sugar. Cook rapidly and stir constantly until the product is of the desired consistency. An asbestos mat prevents burning. The sugar may be added before cooking begins, if desired. Cinnamon, ginger, and allspice added in very small quantities at the beginning of cooking give a nice flavor. The kernels of several pits may be cooked either whole or sliced in each gallon of butter. While boiling hot, pack in sterilized jars or glasses with air-tight tops. Seal.

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